

The primary source of referral information in the Greater Manchester area is INFO-BANK, a community information and referral service. Their phone number is 668-8600. Their website is www.INFO-BRIDGE.com

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CAREGIVERS, INC.

45 South River Road

Bedford, NH 03103

622-4948

www.caregiversnh.org

The organization provides volunteers to work with and enable frail elderly and/or disabled persons to maintain their independence and dignity. Non-medical services include transportation to doctor's offices and grocery stores, weekly companionship, telephone reassurance. For persons who are homebound, volunteers will pick up groceries and deliver them. Transportation services are limited to individuals who cannot access a cab or bus due to physical disabilities, or who are unable to pay for services.

CATHOLIC MEDICAL CENTER

100 McGregor Street

Manchester, NH 03102

1-800-437-9666

668-3545

Ask-a-Nurse: 626-2626

www.catholicmedicalcenter.org

- 24-hour emergency department
- Comprehensive orthopedic care
- Comprehensive wound healing center
- Diagnostic imaging
- Eye Institute at CMC
- Full medical-surgical care
- Inpatient & outpatient psychiatric services
- Inpatient & outpatient rehabilitation services

CHILD & FAMILY SERVICES

99 Hanover Street

668-1920

www.cfsnh.org

- Individual and Family Counseling: conflict resolution, school behaviors, learning problems.
- Parenting and Family Life Education: parenting assistance, workshops and support groups.
- Teen Services: services to runaway and homeless youth and to those at risk.
- Adoption Services: independent adoptions, home studies, search and reunification.
- Pregnancy Counseling: help for those experiencing an unplanned pregnancy.
- Elder and Independent Living: in home assistance to those who are at risk, ill or disabled.
- Advocacy: legislative, judicial, and public policy initiatives concerning children and families.
- Parentline: 1-800-640-6486 – free and confidential parenting advice.
- Child Care Information and Referral: 1-800-445-5380 – free referrals to parents searching for child care within Merrimack County, also statewide referrals for

summer camp programs. Provides information on licensing and accreditation questions. Publishes quarterly newsletter.

CHILD HEALTH SERVICES

1245 Elm Street

668-6629

www.childhealthsvc.org

Provides regular check-ups and illness care for children from low income families who are Medicaid recipients or families who have no health insurance at all. CHS services are limited to enrolled families only. At time of enrollment, families must have at least one child under 3 years of age or one child under 7 with special medical concerns and are from Manchester, Bedford, Goffstown, Auburn, Candia, New Boston or Hooksett. Transportation to health related services are provided as needed.

EASTER SEALS NEW HAMPSHIRE

555 Auburn Street

623-8863

www.esels.org

A comprehensive provider of rehabilitative services dedicated to helping people with disabilities achieve maximum independence with services throughout the state. Programs include: physical, occupational & speech therapies; hearing and audiological services; infant, toddler and pre-school day care; recreational summer camp; adult medical day treatment; Alzheimer's day program; psychological services; equipment loan; day habilitation; special transportation; work activities; special education and specialized foster care and housing.

ELLIOT HOSPITAL

One Elliot Way

669-5300

Elliot-on-call: 663-4567

www.elliotohospital.org

A full service acute care hospital. Services/programs include: oncology; trauma center; comprehensive women's and Children's health programs including newborn intensive care; urology center; pain management center; rehabilitation and occupational health services; cardiology services; radiology and lab services; Center for Sleep Evaluation; behavioral and psychiatric services.

Let No Woman Be Overlooked

Breast and Cervical Cancer Program – Elliot Hospital

One Elliot Way

663-5787

www.freescreeing.org

Offers free breast and cervical cancer screenings to women between the ages of 18-64 who meet eligibility requirements.

FARNUM CENTER

Substance Abuse Treatment and Rehabilitation
235 Hanover Street
622-3020

A private, non-profit corporation which serves individuals afflicted with substance abuse regardless of race, creed, color, sex or ability to pay. Its 30 day residential program includes individual, group and educational sessions provided in a therapeutic environment.

HEALTH & HUMAN SERVICES, STATE OF NEW HAMPSHIRE

Manchester District Office
361 Lincoln Street
668-2330
www.dhhs.state.nh.us

The department's services include: economic services which provides money, medical and food stamp benefits to eligible clients under the TANF, APTD, OAA and ANB programs; and child support services for the establishment and enforcement of child support obligations.

Division of Children, Youth & Families (DCYF)

Provides social services in the following program areas: protection, placement and family services.

Division of Elderly & Adult Services

Provides social services in the following program areas: protection, adult in-home and adult alternative living.

INFO-BANK

177 Lake Avenue
668-8600
www.INFO-BRIDGE.com

A community information and referral service for people in the greater Manchester area. Anyone seeking information about available social services can receive anonymous, confidential assistance. INFO-BANK provides information about and referral to the appropriate helping agency.

MANCHESTER COMMUNITY HEALTH CENTER

1415 Elm Street
626-9500
www.mchc-nh.org

Provides family oriented primary health care services to the residents of Greater Manchester who are uninsured, under-insured or lack access to sources of quality health care. Services include: family medicine, obstetrics, nutrition counseling, health

education, preventive screening outreach, medical case management, social service coordination, mental health counseling, translation, transportation, pharmaceutical assistance. Services are provided on a discount fee scale based on the patient's income and family size.

MANCHESTER HOUSING AND REDEVELOPMENT AUTHORITY

198 Hanover Street
624-2100

www.manchesterhousing.org

The organization offers affordable assisted housing through the Public and Section 8 Housing Assistance Programs for families, elderly and persons with disabilities.

MENTAL HEALTH CENTER OF GREATER MANCHESTER

401 Cypress Street
668-4111

www.mhcgmm.org

The organization is an integrated network of programs offering a full continuum of psychiatric and substance abuse services to children, adolescents, adults and seniors.

Bedford Counseling Associates

1228 Elm Street
623-1916

Offers brief, focused outpatient psychiatric and counseling services for children and adults.

Child and Adolescent Services

1228 Elm Street
668-4111

Comprehensive psychiatric and counseling services for children, adolescents and their families including case management, home and community based care, crisis intervention and collaboration with schools and other agencies.

Community Support Services

1555 Elm Street

A comprehensive system of care for persons with extensive psychiatric histories including: case management; support therapy; vocational services; housing and crisis intervention.

Cypress Center

401 Cypress Street

A 24-hour acute psychiatric residential treatment program and Designated Receiving Facility.

Emergency Services

401 Cypress Street

A 24-hour response to psychiatric emergencies.

Acute Stabilization Program

401 Cypress Street

Brief, intensive outpatient services for psychiatric and substance abuse treatment.

MOORE CENTER SERVICES, INC.

132 Titus Avenue

668-5423 (V/TTY)

www.moorecenter.org

Provides support to individuals with developmental disabilities and acquired brain disorders. Services include: integrated living services, intake, medical and clinical services, service coordination, family support services, respite-care, early supports and services, vocational and community services, adult day services, residential services, traumatic brain injury services, community support services, independent living program.

NEW HAMPSHIRE FOOD BANK

(A division of Catholic Charities, Inc., New Hampshire)

62 West Brook Street

669-9725

www.catholiccharitiesNH.org

Provides food to food pantries, soup kitchens, group homes, etc. that are registered with the organization. The Food Bank is not open to the public.

NEW HAMPSHIRE HOUSING FINANCE AUTHORITY

32 Constitution Drive, Bedford

472-8623

Rental assistance programs: 1-800-439-7247 (NH Only)

Mortgage programs: 1-800-649-0470

www.nhhfa.org

Provides rental assistance throughout the state to low income persons and families, first-time homebuyer mortgages for low to moderate-income persons and families.

NEW HAMPSHIRE LEGAL ASSISTANCE

1361 Elm Street, Suite 307

1-800-562-3174

668-2900

www.nhla.org

Provides free legal services to low income and elderly people

NEW HORIZONS FOR NEW HAMPSHIRE

199 Manchester Street

668-1877

E-Mail: new.horizons@verizon.net

Soup Kitchen: serves dinner from 4:30 pm to 5:45 pm daily to needy people over the age of 18.

Senior Hour: serves dinner to seniors 3 pm – 4 pm for those 50 and over.

Food Pantry: provides non-perishable foods to families on an emergency basis Monday, Wednesday, Friday from Noon to 1:00 pm and Thursday 6:00 pm to 7:00 pm. Photo ID, proof of residence, and children's birth certificates are required.

Provides surplus bread and produce Monday through Friday from 1:30 pm to 2:30 pm to the needy.

Shelter: provides emergency housing for homeless adults. Some medical referral services are available.

OUR PLACE

(A division of Catholic Charities, Inc., New Hampshire)
The Stone House\282 Concord Street\647-2244
www.ourplaceNH.org

A comprehensive, non-profit, non-political adolescent pregnancy and parenting program. Client services are provided regardless of sex, race or religious affiliation.

PASTORAL COUNSELING SERVICES

Manning House
2013 North Elm Street
627-2702

A non-profit agency that provides counseling, psychotherapy, education and consultation.

SAINT JOSEPH'S COMMUNITY SERVICES, INC.

PO Box 910, Merrimack, NH 03054
424-9967
www.mealsonwheelsnh.org

Serves the nutritional needs of persons who are frail homebound elders over the age of 60, disabled/homebound under the age of 60 and provides congregate dining programs for well seniors.

Carpenter Site: 669-1699

First Congregational Church: 626-6016

Toni-Roux-McNalley Westside Center: 668-0254

The Meeting House, Goffstown: 497-4633

SALVATION ARMY

121 Cedar Street
627-7013
E-Mail: kconlon@salvationarmy-nh.org

Provides: emergency assistance, food, clothing, counseling, hygiene, Christmas assistance, visits to nursing homes.

Kid's Café – Monday through Thursday evening feeding and program opportunity for youth ages 6-17.

SERENITY PLACE

93-101 Manchester Street

625-6980

Crisis Line: 625-6983 (24 hours)

REAP Line: 625-4528

The organization provides: drug and alcohol crisis intervention, supervised detoxification, 24 hour residential program, individual and group counseling, nutritional education, State mandated court ordered DWI program.

SOUTHERN NEW HAMPSHIRE SERVICES, INC.

40 Pine Street

668-8010

www.snhs.org

The organization provides a variety of social service programs for the economically disadvantaged elderly, youth and other specialized populations in Hillsborough County.

Alpha: 666-0597

Fuel Assistance: 647-4470

Info-Bank: 668-8600

Latin American Center: 669-5661

Manchester Community Resource Center: 647-8967

S.E.E. Science Center: 669-0400

Voluntary Action Center: 668-8601 or 1-800-VOLUNTEER

SOCIAL SECURITY ADMINISTRATION

District Office

2 Wall Street, suite 301

641-2180 (local public line)

641-2195 (24 hour automated)

645-5230 (TTY)

1-800-772-1213

TIRRELL HOUSE

15 Brook Street

668-2971

668-2976

Provides alcoholic and drug addicted adult men with a 90 day therapeutic and supportive residential living experience and assists its residents in gaining self-sufficiency.

UNH COOPERATIVE EXTENSION

Goffstown Office

329 Mast Road, unit 3

Goffstown 03045

621-1478

ceinfo.unh.edu

Provides county residents with the research based education and information that enhances the ability to make informed decisions that strengthen youth and families. Programs include: child development and parenting skills, money management, community forums, food safety, teen assessment project.

VET CENTER

103 Liberty Street
668-7060 or 1-800-562-3127

Provides eligible veterans and their families counseling, community education, outreach to special populations, and is the link to other veteran services.

VNA CHILD CARE CENTER

435 South Main Street
666-5982
www.manchestervna.org

Serves children 6 weeks to 12 years of age. Program operates 52 weeks a year from 6:30 am to 5:30 pm.

VNA OF MANCHESTER AND SOUTHERN NEW HAMPSHIRE

1850 Elm Street
622-3781 or 1-800-624-6084
www.manchestervna.org

Provides the following services: skilled nursing care; certified home health aides; physical, occupational and speech therapy; social workers, hospice care (terminal); intravenous and enteral therapy; respiratory therapy; oxygen supplies and medical equipment; respite care for families of patients with Alzheimer's and related diseases; maternal/child health and private duty nurses.

VOCATIONAL REHABILITATION

(New Hampshire Department of)
361 Lincoln Street
669-8733

Services include: diagnostic exams and testing to determine eligibility; vocational counseling; career planning; on the job training; job analysis; job person matching and placement services.

WAY HOME, THE

214 Spruce Street
627-3491
www.thewayhome1.homestead.com

Assists individuals/families at risk of homelessness to obtain and keep affordable rental housing. Services include: tenant education; budgeting; housing advocacy; landlord-tenant negotiations; security deposit loans.

YWCA OF MANCHESTER

72 Concord Street

625-5785

Crisis Line: 668-2299

E-Mail: ywcanh@aol.com

Women's Crisis Service

668-2299

E-Mail: YWCACS@aol.com